



**TOMATO
CAMPBELL'S
SOUP**

10 1/2 oz. can



9¢

**NBC PREMIUM SALTINE
SNOWFLAKE
CRACKERS**

1 lb. box

**SWEDEN'S
POTATOES**
300 cans

**ALL GRINDS
BUTTERNUT
COFFEE**
1 lb. can

49¢ **59**¢

2 lb. can drip or reg. \$1.17
INSTANT—6 oz. jar 89¢
INSTANT—10 oz. jar \$1.39

Lawyer Mixed Nuts 69¢

Netti Sauce Mix 49¢

Black Pepper 39¢

**CHOCOLATE OR VANILLA
KRAFT
CARMELS**

by bulk **35**¢ lb

**LAWRY'S
GARLIC SPREAD**

4-oz. jar **35c**

**ORE-IDA FROZEN
FRENCH FRIES
or TATER TOTS**

1-lb. pkg. **29c**

**POMPEIAN
OLIVE OIL**

8-oz. tin **59c**

**PINK LIQUID DETERGENT
THRILL**

22-oz. plastic **65c**

**LIQUID
MR. CLEAN**

incl. 10c off 28 oz. bottle **63c**

**KRAFT MIRACLE WHIPPED
MARGARINE**

1-lb. pkg. **31c** inclu. 2c off
SAFFLOWER MARGARINE
1-lb. pkg. **37c** inclu. 2c off

U.S.D.A. "Choice" or Food Giant "Banquet Perfect"

CHUCK ROAST

cut blade **35**¢ lb.

U.S.D.A. "Choice" or Food Giant "Banquet Perfect"

CHUCK STEAK **39**¢ lb.

RIB STEAK **79**¢ lb.

U.S.D.A. "Choice" or Food Giant "Banquet Perfect"

STANDING RIB ROAST **75**¢ lb.
3rd, 4th & 5th ribs

U.S.D.A. "Choice" or Food Giant "Banquet Perfect"

BONELESS STEW BEEF **69**¢ lb.

FRESH LEAN **Ground Chuck** **59**¢ lb.

U.S.D.A. "Choice" or Food Giant "Banquet Perfect"

FAMILY STEAK **79**¢ lb.

The real McCoy for memory-making breakfast menus!

McCoy's Beef Sausage **29**¢

Choose McCoy's for praise-winning buffet spreads!

Smoked Beef Tongue **69**¢

Hot steak sandwiches in a jiffy! 2 oz. package frozen

Kold Kist Steaks **10**¢ for \$1

Booth shrimp, lightly breaded. 1 lb. package frozen

Breaded Shrimp **89**¢

FRESH MEATY **SHORT RIBS OF BEEF** **25**¢ lb.

U.S.D.A. GRADE "A" FRESH **Roasting Chicken** **49**¢ lb.

PLAY TV BINGO

- In Hawthorne 423 S. Hawthorne Blvd.
- In San Pedro 2849 Western Ave.
- In Manhattan Beach 2400 Sepulveda at Main
- In North Torrance 4848 West 190th St. at Anza
- In Gardens 14990 Crenshaw Blvd.
- In Torrance 3731 Pacific Coast Highway

\$700 WINNER
SYLVIA MAJESKI
2057 DRACENA DR., LOS ANGELES 27

\$100 offered each day

If there is no winner, \$100 is added to the next day's prize.
Channel 13 — KCOP-TV — 11:30 A.M. — Every Weekday!
FREE — nothing to buy! Pick up your free Bingo card at any Food Giant. One card to a person, please.



GUARANTEED GUEST-STUNNER: Velvet on velvet in a Bali-print evening skirt with solid top designed to turn hostess into queen for a day. Hand-screened print by Mr. Dino, worn with bare sleeveless shell, both lined. Cowl wide, soft and low for face-framing flattery. Set off by the simplest jewelry. **FASHION INFORMATION:** Skirt-Style 9300. Olive/chianti, blue/orange. Retail, about \$25. Top-style/9501 in black, Spanish olive. Retail, about \$15. Both 100% cotton. Sizes 8-16. At better department and specialty stores everywhere. **MR. DINO**, division of Chestnut Hill Industries: Photo. Doral Beach Hotel, Miami Beach, Fla.

WOMAN IN WHITE

By ETHELYN BATTLES, LVN

THE DIABETIC PATIENT: It is important to know something about the disease when caring for a patient. Diabetes is a condition caused by the inadequate amount of insulin in the body.

See that the patient follows his diet plan and does not omit a meal; exercises, the same amount daily as permitted; gets the necessary amount of rest; and help to prevent emotional outbursts.

Test urine accurately and at the correct times. Learn how to distinguish between diabetic coma and insulin reaction, and know the procedure for emergency care until the doctor can take charge.

See that the patient wears an ID tag or carries a card with necessary information for emergency care, and that he also carries with him the amount of sugar the doctor recommends for use if he feels an insulin reaction coming on.

Give immediate care to scratches and other injuries as advised, since application of strong antiseptics and adhesive tape should be avoided. Report colds and other illnesses immediately to the doctor for proper care.

2. ENCOURAGE GOOD HYGIENE—regular care of teeth and mouth, with routine visits to the dentist for a check-up. Cleanliness will help to prevent infections. If poor circulation is a complication they are especially slow to heal.

There should be frequent bathing with particular care of the feet—wash them daily, dry thoroughly between the toes. Water should be comfortably warm, never hot, to avoid burning. Trim toe nails very carefully straight across, for the patient. Im they are very thick or hard have a foot specialist cut them, and also care for corns and callouses.

3. OTHER MEASURES to prevent infections, irritations, or burns, include avoiding sunburn, never using a hot water bottle or heating pad (bed socks can be worn for added warmth); shoes must be comfortable; socks or hose, correct size, smooth, and clean daily. Avoid use of garters to prevent interference with the circulation.

Delta Zeta Alumni to Honor Founders

South Bay Delta Zeta with the Long Beach Delta Zeta Alumnae will hold Founders Day activities at 7 p.m. tomorrow at Mr. C's restaurant, 5305 E. Pacific Coast Highway, Long Beach.

The sorority will observe its 61st birthday and the third consecutive year that the South Bay Alumnae group and the Long Beach Alumnae have celebrated Founders Day activities together.

Mary Ellen Hoheisel Goodman, noted social and cultural anthropologist, has been named Delta Zeta Sorority's Woman of the Year for 1963 by a committee of national judges. Dr. Goodman became a member of Delta Zeta Sorority at the University of California at Los Angeles.